



Poached Egg & Bran Muffin





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Recipe Items:	1 Portion	5 Portions
PE Original Bread Pudding (PE#21761)	#16 Scoop (60 gm)	300 gm (10.5 oz)
Molasses (smooth) or Pureed Stewed Prunes	½ tsp (3ml)	15 ml (1 Tbsp)
Scrambled Eggs	#12 Scoop (75 ml)	400 ml (13.5 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F



2. Mix #16 Scoop (60 gm) of PE Original Bread Pudding with ½ tsp (3 ml) of smooth molasses.

Place into a paper muffin cup for service.



3. Place #12 Scoop (75 ml) of scrambled egg on a plate. Place the paper muffin cup beside the serving of scrambled egg.

Nutrition Facts	
Valeur nutritive	
Per 1 each (143g) / par 1 each (143g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	210
Fat / Lipides 13g	20%
Saturated / satures 5g	
+ Trans / trans 0g	27%
Cholesterol / Cholesterol	220mg
Sodium / Sodium	370mg 15%
Carbohydrate / Glucides 17g	6%
Fibre / Fibres less than 1g	3%
Sugars / Sucres 10g	
Protein / Proteines	9g
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C	0%
Calcium / Calcium	8%
Iron / Fer	10%

Optional - garnish scrambled eggs with ketchup drop.

